

TERMINOLOGY

OF

SWEDISH

EDUCATIONAL

GYMNASTICS

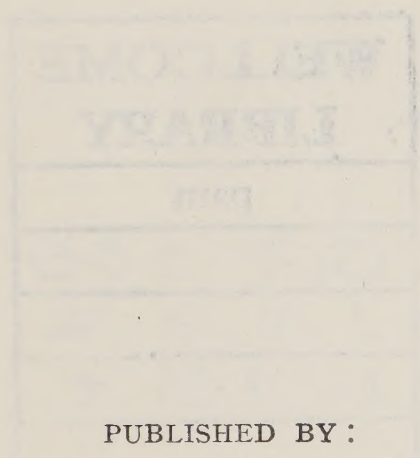
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FOREWORD

This book has been compiled by a representative Committee under the auspices of the Ling Physical Education Association. Its purpose is to encourage the use of a uniform terminology among members of the Gymnastic profession. Since it is a book of terminology only, no commands or teaching points are given, the explanations being brief definitions of fundamental and derived positions and terms used in describing movements. Alternative terms have been avoided, and abbreviations have been made as short as possible. The first chapter explains the method used in writing terminology.

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I. RULES RELATING TO THE WRITING OF TERMINOLOGY.

1. The starting position is written first, and then the movement, *e.g.*, st. ; A. lift. s.

2. When several parts are mentioned (or moved simultaneously), the following order is used :—Head, Arms, Trunk, Legs, Feet.

3. For further description the following order is adopted :—

- (i) The part of the body moved ;
- (ii) The movement ;
- (iii) The direction.

4. Parts of the body are always abbreviated with capital letters.

5. The plural is denoted by the letter, *e.g.*, A. = *both arms*. If one arm (or leg) is used it is denoted by putting “single” or “alternate” in front, *e.g.*, st. ; 1 A. circl., or st. ; alt. A. circl.

6. Abbreviations of words used for movement and position are different, the suffix “ing” only is omitted in the case of movement, *e.g.*, standing ; Trunk bending sideways—is written st. ; T. bend. s. When denoting position a further abbreviation is made, *e.g.*, bend standing is written bd. st.

7. In writing a position, the term “ $\frac{1}{2}$ ” is inserted to indicate the use of one limb only, *e.g.*, $\frac{1}{2}$ crk. f. st. *$\frac{1}{2}$ H rest st*

8. Punctuation is as follows :—

- (1) A semi-colon after the starting position.
- (2) A full stop after any abbreviation.
- (3) A comma after each part of the movement, *e.g.*, bd. st. ; A. stretch f., A. part, A. bend.
- (4) Brackets are used as follows :—

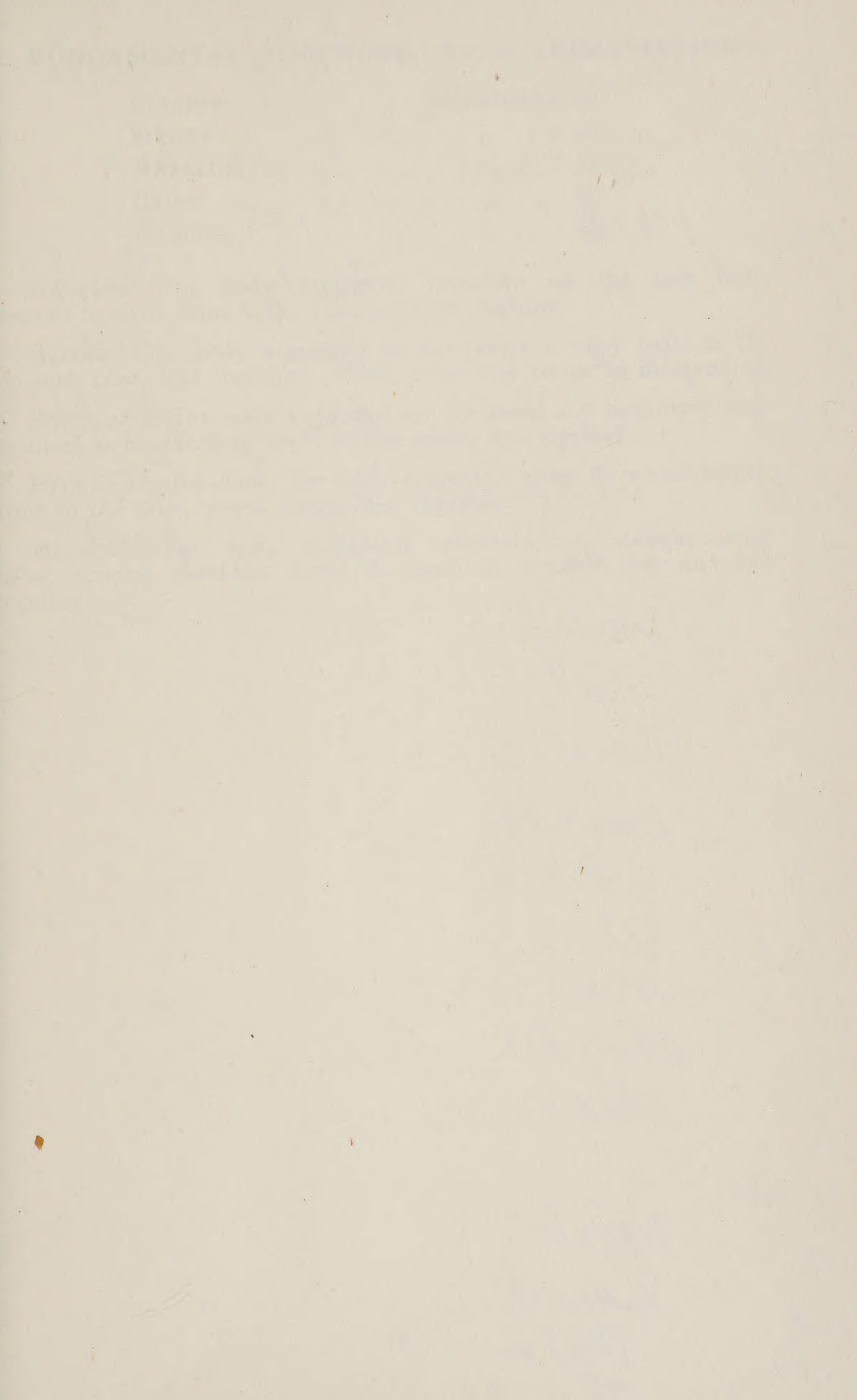
(a) For numbers indicating counts or beats to show method adopted in taking the movement, *e.g.*—(i) st. ; sk. j. (1-4). (ii) bd. st. ; A. stretch. f. (1), A. part (2), hold yd. (3), A. drop. and lift twice (4-5), A. bend. (6).

(b) For extra information about the movement, such as the type of apparatus or position of support.

9. All terms which indicate the position of the body in relation to the apparatus are written immediately before the fundamental or derived position to which they refer—the type of apparatus put in brackets after the starting position, *e.g.*, High Toe st. (forms) ; K. bend. and stretch. *Rech. st. (bar) 1/2*

10. Living support is indicated by a dot in brackets, *e.g.* (.). Two or more supports are indicated by a corresponding number of dots, *e.g.* (. . .) = three supports.

11. In movements taken with living support the position of the support is indicated, *e.g.*, Hand stand ((.) rch. wlk. f. st.).



H	Head.	Fing	Finger.
Frh	Forehead.	L	Leg.
N	Neck	Hip	Hip
T	Trunk	Thigh	Thigh
B	Back	Kn	Knee.
Chest	Chest	Antk.	Antle.
Abd	Abdomen.	F	Foot.
S	Side	Hl	Heel.
Cerv.	Cervical	Toe	Toe.
clors	Dorsal.		
Thor	Thoracic		
Lumb	Lumbar.		
Vert	Vertebra		
Pelvis	Pelvis		
A	Arm		
Sh	Shoulder		
Elb	Elbow.		
Forearm			
Wr.	Wrist		
Hand	Hand		
Palm	Palm		
Thumb	Thumb.		

II. FUNDAMENTAL POSITIONS, WITH ABBREVIATIONS.

STANDING	...	...	Abbreviation	st.
SITTING	...	...	„	sitt.
KNEELING	...	...	„	kn.
LYING	...	...	„	ly.
HANGING	...	...	„	hg.

STANDING.—The body supported vertically on the feet faces straight forward, arms to the sides and heels together.

SITTING.—The body supported on the pelvis, a right angle at the hip and knee, legs together. Head, arms and trunk as in standing.

KNEELING.—The body supported on the knees and legs, from head to knees as in standing, knees a little apart, feet together.

LYING.—On the back, the body supported along its whole length, arms to the sides, palms facing, feet together.

HANGING.—The body suspended vertically on straight arms, faces forward, shoulders down as much as possible, legs and feet together.

III (a) POSITIONS DERIVED FROM FUNDAMENTAL POSITIONS.

- (1) By moving the arms.
- (2) „ „ „ trunk.
- (3) „ „ „ legs.

1. Positions arrived at by moving the arms —

From :—

(a) STANDING.	Abbreviation.	Description.
<i>WALK</i> Wing standing	<i>WIK</i> wg. st.	The hands on the hips, thumbs behind and fingers together in front ; the wrist down and the elbows sideways.
Low wing standing	low wg. st.	A similar position but the hands rest with the fingers across the front of the hip joint.
Bend standing	bd. st.	The arms rotated outward and bent upward, the upper arms vertical and close to the body, fingers rest well back on the shoulders.
Fist bend standing	Fist bd. st.	A similar position but the fists lightly clenched, the elbows slightly away from the side and directed downward.
Under bend standing	und. bd. st.	The fists on the sides of the chest, wrists straight, elbows directed sideways.
Across bend standing	acr. bd. st.	The upper arms sideways at shoulder level, the forearms fully bent across the body, palms turned down.

(a) STANDING (cont.).

Abbreviation.

Description.

Reach standing	rch. st.	The arms forward and parallel to each other at shoulder level with palms facing.
Heave bend standing	hv. bd. st.	The upper arms as in across bend standing, the forearms bent upward at right angles.
Yard standing	yd. st.	The arms sideways at shoulder level, palms facing down.
Neck rest standing	N. rst. st.	The hands at the back of the neck, elbows point sideways, palms face forward, fingers and wrist straight.
Head rest standing	H. rst. st.	The hands on the top of the head with palms down, wrists and fingers straight, elbows sideways.
Forehead rest standing	Frh. rst. st.	As head rest but the hands on forehead, palms forward.
Side head rest standing	s. H. rst. st.	Fists at the side of the head above the ears, wrists straight, elbows directed sideways.
Ring standing	ring st.	A position in which the arms form a ring, direction to be indicated.
Stretch standing	str. st.	The arms vertically upward, palms facing.
Oblique stretch standing	obl. str. st.	The arms midway between the vertical and the horizontal, the direction to be indicated, e.g., obl. u. s. str.

N.B.—(1) In all arm positions the hands may be closed—e.g., Fist yd. st.

(2) “Clasp” may be used to indicate that the hands are joined, e.g., str. clasp. st.

(3) Further positions of the Palms may be indicated in brackets, e.g., yd. (Palms f.) st.

(4) A relaxed position of the arm may be indicated as follows:—lax yd. st.

	Abbreviation.	Description.
(b) SITTING	{	The derived positions already mentioned may be taken in all these fundamental positions.
(c) KNEELING		
(d) LYING		
(e) HANGING.		
Heave hanging	hv. hg.	Hanging, with the arms bent at right angles as in heave standing.
Bend hanging	bd. hg.	Hanging, with the arms in bend position.

N.B.—For grasps see page 17.

2. Positions arrived at by moving the Trunk—

From

(a) STANDING.		
Turn standing	turn st.	The body turned as far as possible in the spine and hip joints.
Stoop standing	stp. st.	The body inclined forward from the hip joints with a flat back, (the extent indicated as follows :—Stp. 45° (slight); Stp. 90° (hor.).)
Lax stoop standing	lax stp. st.	The body bent forward from the hip joints with a round back, the extent indicated as in stoop standing.
Side bend standing	s. bd. st.	The body bent sideways, the movement taking place in the whole spine.
Arch standing	arch st.	The cervical and dorsal regions of the spine extended as far as possible.
Backward bend standing	b. bd. st.	The body bent backward as far as possible.
Fall standing	fall st.	The body kept as in standing, but inclined backward or forward from the ankles. (N.B.—Support is necessary.)

(b) SITTING.

Abbreviation.

Description.

Stoop sitting
Lax stoop sitting
Side bend sitting
Arch sitting
Backward bend sitting

stp. sitt.
lax stp. sitt.
s. bd. sitt.
arch sitt.
b. bd. sitt.

Same as from standing.

Turn sitting

turn sitt.

Same as from standing, but movement in spine only.

Fall sitting

fall sitt.

The body as in sitting, but inclined back from the hip joints.

(c) KNEELING.

Fall kneeling

fall kn.

The body as in kneeling, but inclined backward from the knees.

Prone kneeling

pr. kn.

The body horizontal, supported on hands and knees, arms and thighs vertical.

Arch kneeling
Backward bend kneeling

arch kn.
b. bd. kn.

Turn kneeling
Side bend kneeling
Stoop kneeling
Lax stoop kneeling

turn kn.
s. bd. kn.
stp. kn.
lax stp. kn.

Same as from standing.

+ stp kn oil

(d) LYING.

Arch lying

arch ly.

Lying with the cervical and dorsal regions of the spine extended to be clear of the floor.

Prone lying

pr. ly.

The body as in lying but face downwards.

Arch prone lying

arch pr. ly.

Prone lying with the cervical and dorsal regions of the spine fully extended.

(e) HANGING.

Angle hanging

ang. hg.

Hanging with feet supported, hips flexed, arms, body and legs straight.

(e) HANGING (cont.).	Abbreviation.	Description.
Arch hanging	arch hg.	Hanging with the legs backward, toes supported on the floor, body arched, hips, knees, ankles stretched.
Fall hanging	fall hg.	Hanging with the legs forward, feet supported on the floor, head, body and legs in line.
Reverse hanging	rev. hg.	Hanging upside down.

3. Positions arrived at by moving the Legs—

From

(a) STANDING.

Half standing	$\frac{1}{2}$ st.	Standing on one leg.
Close standing	cl. st.	Standing with the feet directed forward, inner borders touching.
Toe standing	Toe st.	Standing on the toes with the heels together and raised as high as possible.
Curtsey standing	curt. st.	Standing on the toes with the heels touching, the knees bent outward over the feet, a right angle in the knee joint.
Curtsey sitting	curt. sitt.	As above, with the knees bent as fully as possible.
Stride standing	std. st.	Standing with the feet astride, two-foot lengths between the heels, foot angle as in standing.
Wide stride standing	wd. std. st.	As above with a wider distance between the heels.
Walk standing	wlk. st.	The foot angle as in standing, with one foot two foot lengths away from the other in the direction indicated, the weight equally distributed.

(a) STANDING (cont.).	Abbreviation.	Description.
Half crook forward standing	$\frac{1}{2}$ crk. f. st.	Standing with one knee raised, a right angle in hip and knee.
Half crook upward standing	$\frac{1}{2}$ crk. u. st.	Standing with one knee raised as high as possible.
Half crook backward standing	$\frac{1}{2}$ crk. b. st.	Standing with one knee bent backward. The position of the thigh may be further indicated.
Half leg lift standing <i>step standing</i>	$\frac{1}{2}$ L. lift st.	Standing with one leg raised in the direction indicated, knee and ankle stretched.
Toe support standing <i>foot fixed</i>	Toe sup. st.	Standing with the weight on one foot, the other toe touching the floor in the direction indicated, knee and ankle stretched, <i>e.g.</i> , Toe sup. f. st.
Forward Sideways Backward } Fallout standing	f. } s. } fallout st. b. }	Standing with one foot about three foot lengths from the other, hip, knee and ankle of one leg bent, the weight over that leg, the body in line with the straight leg, shoulders forward as in standing, direction of the moved foot to be indicated, <i>e.g.</i> , forward fallout outward, f. fallout o.
Toe fallout standing	Toe fallout st.	As above, the toe of the straight leg rests lightly on the floor.

N.B.—These fallout positions can be taken with the trunk vertical, in which case this must be indicated, *e.g.*, sideways fallout (vertical), s. fallout (vert.)

(b) SITTING.		
Stride sitting <i>close sit</i>	std. sitt.	Sitting on apparatus with feet and knees slightly apart.
Ride sitting <i>high ride</i>	ride sitt.	Sitting across apparatus one leg on either side.

(b) SITTING (contd.)	Abbreviation.	Description.
Long sitting	lg. sitt.	Sitting on the floor with the legs straight.
Stride long sitting	std. lg. sitt.	Long sitting with legs apart.
Inclined long sitting	incl. lg. sitt.	Long sitting on apparatus with feet on the floor.
Crook sitting	crk. sitt.	Sitting on the floor with knees bent, feet together, soles on the floor.
Cross sitting	x. sitt.	Sitting on the floor with the legs crossed like a tailor.
Side sitting	s. sitt.	Sitting on the floor with the legs to one side.
(c) KNEELING.		
Kneel sitting	kn. sitt.	Kneeling, sitting back on the heels.
Half kneeling	$\frac{1}{2}$ kn.	Kneeling on one knee, the other foot on the ground in front, with a right angle in hip, knee and ankle.
Leg stretch half kneeling	$\frac{1}{2}$ L. str. kn.	Kneeling on one knee, the other leg stretched in the direction indicated.
(d) LYING.		
Crook lying	crk. ly.	Lying with the knees bent up, extent to be indicated.
Leg lift lying	L. lift ly.	Lying with the legs lifted, the extent to be indicated.
(e) HANGING.		
Crook hanging	crk. hg.	Hanging with both knees bent in the direction indicated.
Leg lift hanging	L. lift hg.	Hanging with legs lifted in the direction indicated, knees straight.

III. (b) FURTHER POSITIONS.

Prone falling	pr. fall.	The body as in standing supported on hands and toes, arms vertical.
Inclined prone falling	incl. pr. fall.	Prone falling with hands or feet on apparatus.
Horizontal prone falling	hor. pr. fall.	Prone falling with the feet raised on apparatus, body horizontal.
Horizontal across prone falling	hor. acr. pr. fall.	As horizontal prone falling with the body supported across apparatus, the position of which may be further indicated.
Side falling	s. fall.	The body in a straight line, side to the floor, supported on one hand and one foot, arm vertical.
Inclined side falling	incl. s. fall.	Side falling with the hands or feet on apparatus.
Horizontal side falling	hor. s. fall.	Side falling with the feet raised on apparatus, body horizontal.
Crouch sitting	crch. sitt.	Knees bent as in curtsey sitting, hands on the floor, arms vertical.
Handstanding	Hndst.	Body upside down standing on the hands, arms vertical.
Horizontal half standing	hor. $\frac{1}{2}$ st.	As toe fallout, but body and leg horizontal. (May be taken with an arch.)
Front rest	fr. rst.	The body in a straight line supported by the hands and thighs on the same apparatus, arms straight and parallel.
Balance hanging	bal. hg.	A similar position, but the body arched and as near to the horizontal as possible, hands adjusted accordingly.
High side sitting	high s. sitt.	Sitting on apparatus on one thigh, legs vertical.

(b) FURTHER POSITIONS (cont.).	<i>Abbreviation.</i>	<i>Description.</i>
High inclined side sitting	high incl. s. sitt.	As above, but inclined forward, the straight leg on a line with the body, legs parallel.
High leg lift forward sitting	high L. lift f. sitt.	Sitting across apparatus, legs horizontal and unsupported.
Climb hanging	climb hg.	Both hands grasping a vertical rope, legs crossed and gripping rope with knees and outer borders of feet.
Double rope climb hanging	2 rope climb hg.	Divided grasp on shoulder level, legs and feet as in climb hanging, but gripping two ropes.
Oblique rope hanging	obl. rope hg.	Both hands grasping the rope opposite the chest, arms bent, the leg on the side of the lower arm hooked over the rope, the other leg straight, body arched.
Horizontal climb hanging	hor. climb hg.	Grasp as for oblique rope with both legs crossed above apparatus.

IV. POSITIONS IN RELATION TO APPARATUS AND LIVING SUPPORT.

(a) HANDS.	Abbreviation.	Description.
(1) <i>Apparatus.</i>		
Over grasp	over gr.	Apparatus grasped with the hands in a pronated position.
Under grasp	und. gr.	Apparatus grasped with the hands in a supinated position.
Alternate grasp	alt. gr.	Apparatus grasped with one hand pronated, the other supinated.
Inward grasp	inw. gr.	Apparatus grasped with the hands inward.
Divided grasp	div. gr.	Apparatus grasped with the hands on different pieces of apparatus or at different levels.

Grasps are all shoulder width unless otherwise stated, *e.g.*, close, narrow, wide.

(2) <i>Living support.</i>		
Chain grasp	ch. gr.	The hands grasped at shoulder level to form a chain.
Cross grasp	x. gr.	The hands grasped with arms crossed.
Link grasp	link gr.	The elbows linked.
Ring grasp	ring gr.	The hands grasped at shoulder level facing partner.
Shoulder grasp	Sh. gr.	Either one or both shoulders grasped with the arms straight.
Thumb grasp	Thumb gr.	Thumbs grasped with palms facing.
Wrist grasp	Wr. gr.	Wrists grasped.

(b) BODY.	Abbreviation.	Description.
Toward	tow.	The body facing the apparatus.
Back toward	B. tow.	The back toward the apparatus.
Side toward	S. tow.	The side toward the apparatus.
Support	sup.	The part of the body indicated supported by apparatus.
High	high	The position taken on apparatus.
Across	acr.	The position taken across apparatus.

(c) FEET.

The word "fix" is used if the feet are dorsiflexed and gripping apparatus, or are gripped by living support, otherwise the word "support" is used.

Feet Fixed

Ad. Abel -
etc -

V. TERMS USED IN DESCRIBING MOVEMENTS.

(I) FOR PARTS OF THE BODY.

	<i>Abbreviation.</i>	<i>Description.</i>
Bending	bend.	Flexion of the part indicated.
Closing	clos.	The parts indicated moved to the mid. line.
Dropping	dropp.	The part dropped from an upright or lifted position.
Falling	fall.	The body moved in a straight line from the base.
Flinging	fling.	A quick elbow extension from across bend position.
Jumping	jump.	Any movement where the body is lifted off the ground by a quick extension of the feet.
(a) Leaping	leap.	Jumping from one foot to the other in the direction indicated.
(b) Hopping	hopp.	Jumping on one foot.
(c) Gallop step	gallop step	A progressive movement with the same foot leading in the direction indicated.
(d) Skipping step	skip. step	A progressive step and hop with alternate foot leading.
Lifting or raising	lift. or rais.	The part indicated raised in a straight line from the axis of movement.
Lowering or sinking	lower. or sink.	The same movement in the opposite direction.
Parting	part.	The limbs moved from the centre line in the same plane.
Rolling or circling	roll. or circl.	Circumduction.
Stretching	stretch.	The part indicated extended from the bent position.

Press up
Bunch up

(I) FOR PARTS OF THE BODY (cont.).

	<i>Abbreviation.</i>	<i>Description.</i>
Swinging	swing.	A movement where the weight of the part helps the momentum.
Turning	turn.	The part rotated on a longitudinal axis.

(II) SUPPLEMENTARY MOVEMENTS TO INCREASE MOBILITY OR TO INDUCE FREEDOM.

Beating	beat.	A small movement with fists or feet off the body or the floor.
Nodding	nodd.	A quick small dropping and lifting of the head.
Pressing	press.	A small movement to get further mobility in position.
Tapping	tapp.	A light small movement of fingers or feet off the body or floor.

(III) SPECIAL TERMS OF DIRECTION.

	<i>Abbreviation.</i>	<i>Description.</i>
Facing	fac.	A turn through 90° moving the feet.
Half facing	$\frac{1}{2}$ fac.	A turn through 45° moving the feet.
About facing	about fac.	A turn through 180° moving the feet.
Counter	—	Used in marching for a line reversing on itself.
Reverse	rev.	A turning away from the plane of movement.
Frontal	—	A plane from side to side.
Sagittal	sag.	A plane from behind forward
Wheeling	wheel.	A movement of a rank when turning in marching.

Acr.	Across
b	Backw.
d	downw.
h	homward
hor	horizontal
inw	inward
lat.	
/	left.
obl	obliquely
O	outward
R	Rt.
S	Sidew
undr	under
v	vprw.
vertic	vertical

This cellaneans		March	up
Agst -	Against	mob	mobility
Alt -	Alternate	work	movement
Asym	Asymmetrical	opp	opposite
bal	Balance	pos	position
Betw	Between	tax	Relax
Champ	Champion		
①	Circle	rep	repeat
con	Concentric	res	resistance
cont	Continual	rhythm	Rhythmic
contrac	contraction	sum	sum
ecc	eccentric	start	starting
fix	Fixed	log	together
Follow by or +	Followed by	w.b.	wall-bar
fr	front	w -	with
gr	Grasp		
gym	Gymnast		
incl	Inclined		
jump	Jump		
low	Low		

(IV) TERMS OF FORMATION.

	<i>Abbreviation.</i>	<i>Description.</i>
Circle	⊙	Ring.
File	—	Line one behind the other.
Free	—	Informal.
Rank	—	Line side by side.

(V) TERMS OF SPACING

Distance forward	dist. f.	Arm's length distance in file formation.
Single distance sideways	1 dist. s.	One arm's length distance in rank formation.
Double distance sideways	2 dist. s.	Two arms' length distance in rank formation.
half distance sideways	$\frac{1}{2}$ dist. s.	Elbow distance in rank formation.

(VI) MISCELLANEOUS.

Break	—	An enlivening movement put in between groups of movements extra from the table.
Introductory	intro.	A movement at the beginning of the lesson.
Landing	land.	Alighting from a jump or vault.
Practice	prac.	The class doing a movement in its own time as practice.
Relief	rel.	A depletive movement to the arch group.
Table	—	The order of movements in the lesson.
Take off	—	The start for a jump or vault.

VI. TERMINOLOGY OF STANDARD A—Jumps.

B—Vaults.

A. JUMPS. (1) Free standing (a) off two feet ; (b) off one foot.
(2) Apparatus.

I. FREESTANDING JUMPS.

(a) off two feet.

Skip jump	sk. j.	A jump on the spot with feet together.
Stride jump	std. j.	A jump with feet astride and together.
Strike or click jump	strk. or clk. j.	A jump from stride standing, striking the feet in the air.
Star jump	star j.	A jump with leg parting in the air in the frontal plane.
Scissor jump	scissor j.	A jump with leg parting in the air in the sagittal plane.
Cross jump	x. j.	A jump with foot crossing.
Change jump	ch. j.	A jump from walk forward standing with foot, changing in the air.

(b) off one foot.

These are all variations of hopping steps :—

Hopping with foot tapping in the direction indicated, *e.g.*, hopp. w. F. tapp. f.
Hopping with knee bending in the direction indicated, *e.g.*, hopp. w. K. bend. u.
Hopping with leg lifting or swinging in the direction indicated, *e.g.*, hopp. w. L. lift. s.

II. APPARATUS JUMPS.

High jump	high j.	A jump over apparatus off one foot, either from a forward or oblique run.
Fence jump	fence j.	A scissor jump off one foot over apparatus, side toward apparatus.

B. VAULTS.

A vault is a jump where the weight of the body is carried, either partly or entirely, by one or both arms. It has three parts :—

- (a) The “take off” which may be either single, i.e., off one foot, or double, i.e., off two feet.
- (b) The flight.
- (c) The landing which may be on one or two feet.

The vault is only described in this book according to the position of the body in relation to the apparatus during the flight.

CART WHEEL.—Star position with weight on alternate hands and alternate feet moving in a frontal plane.

CROUCH.—Crouch sitting position with the weight on both arms.

FENCE.—Long sitting position over apparatus, with weight on alternate arms (single take off, side toward apparatus).

FLANK.—Horizontal side falling position over apparatus.

FRONT.—Horizontal prone falling position over apparatus.

GATE.—Inclined prone falling position over apparatus, divided grasp (from front rest position).

HANDSPRING.—Hand stand continued over apparatus.

HANDSTAND.—Handstand position on apparatus.

LEAPFROG.—Astride position above apparatus.

LONG FLY.—Horizontal prone falling position lengthwise over apparatus, followed by leap frog position.

REAR.—Same as fence, but double take off facing apparatus.

SCREW.—Vertical front with about turn on one hand with reverse grip.

SHORT FLY.—Horizontal prone falling position on one living support.

SOMERSAULT.—Crouch position, heels over head.

SQUAT.—(a) *Slow* : Long sitting position over apparatus between pommels, with weight on both arms.

(b) *Quick* : Curtsey sitting position over apparatus between pommels, with weight off two arms.

(c) *Backward* : Curtsey sitting position, with about turn over apparatus between pommels, with weight on one arm reverse grip.

THIEF.—As slow squat with single take off.

WOLF.—Body vertical, one leg $\frac{1}{2}$ crk. u. between pommels, one leg lifted sideways, weight on one arm.

For detailed description of vaults, see “Vaulting for Women and Girls,” by C. M. Read.

VII. EXAMPLES OF MOVEMENTS WRITTEN IN CORRECT TERMINOLOGY.

1. Fing. sup. s. crk. sitt. ; H. dropp. f. (1), b. (2), f. (3), lift (4).
2. St. ; hopp. w. Toe tapp. f. (1-4), alt. F.
3. St. ; A. stretch s. (1), bend (2), stretch s. (3), lift to str. (4-6), rep. (1-3), lower (4-6).
4. Fist. s. H. sup. std. st. ; T. bend. s. alt. (1-3), press. w. 1 A. swing to beat off S. (4) [rhythm.].
5. F. gr. lax lg. sitt. ; lax lg. sitt. pull. H. to K. (1-3), rais. to yd. fall. turn lg. sitt. hold (4-6), rep. to opp. s. (1-6) [cont.].
6. Ring u. sup. ride sitt. [(.) $\frac{1}{2}$ Fist rch. sitt. beh. partn.] ; dors. ext. [rhythm.].
7. Hv. gr. high Toe st. [w.b.] ; K. bend to str. gr. high curt. sitt., K. stretch. to ang. hg., Hip stretch. to high fall hg., A. bend. to start. pos.

Examples - Remeshal

VIII. ALPHABETICAL LIST OF TERMS AND ABBREVIATIONS.

Abdominal	...	abd.	Dorsal	...	dors.
About	...	—	Double	...	2
Across	...	acr.	Downward	...	d.
Agility	...	ag.	Dropping	...	dropp.
Alternate	...	alt.			
Angle	...	ang.	Elbows	...	Elb.
Ankle	...	Ank.			
Arch	...	—	Fall	...	—
Arms	...	A.	Falling	...	fall.
Astride	...	astd.	Fallout	...	—
Asymmetrical	...	asym.	Fence	...	—
			File	...	—
Back	...	B.	Finger	...	Fing.
Backward	...	b.	Fist	...	—
Balance	...	bal.	Fixed	...	fix.
Beat	...	—	Flank	...	—
Behind	...	beh.	Flat	...	—
Bend	...	bd.	Flexion	...	flex.
Bending	...	bend.	Fling	...	—
Between	...	betw.	Flinging	...	fling.
Body	...	—	Followed by	...	foll. by
Break	...	brk.	Following	...	follow.
			Feet	...	F.
Cervical	...	cerv.	Forehead	...	Frh.
Chain	...	ch.	Forward	...	f.
Change	...	change	Free	...	—
Changing	...	chang.	Front	...	fr.
Chest	...	Chest	Frontal	...	—
Circle	...	⊙	Full	...	—
Circling	...	circl.			
Clapping	...	clapp.	Gallop	...	—
Clasp	...	—	Galloping	...	gallop.
Click	...	clk.	Grasp	...	gr.
Climbing	...	climb.	Grasping	...	grasp.
Close	...	cl.			
Concentric	...	con.	Half	...	$\frac{1}{2}$
Continuously	...	cont.	Hand	...	Hnd.
Counter	...	—	Handstand	...	Hndst.
Crook	...	crk.	Hang	...	hg.
Cross	...	x	Hanging	...	hang.
Crouch	...	crch.	Head	...	H.
Curtsey	...	curt.	Heave	...	hv.
Cycling	...	cycl.	Heels	...	Hl.
			High	...	—
Diagonal-ly	...	diag.	Hip	...	—
Distance	...	dist.	Hop	...	—
Divided	...	div.	Hopping	...	hopp.

Abbreviations—continued.

Horizontal	...	hor.
Horizontally	...	hor.
Inclined	...	incl.
Introductory	...	intro.
Inward	...	inw.
Jump	...	j.
Jumping	...	jump.
Jumping stand	...	jp. st.
Knees	...	K.
Kneel	...	kn.
Kneeling	...	kneel.
Landing	...	land.
Lateral	...	lat.
Lax	...	—
Lean	...	—
Leap	...	—
Leaping	...	leap.
Left	...	l.
Legs	...	L.
Lifting	...	lift.
Living Support :		
(one)	...	(:)
(two)	...	(. .) etc.
Loosening	...	loosen.
Long	...	lg.
Low	...	—
Lowering	...	lower.
Lumbar	...	—
Lunge	...	—
Lying	...	ly.
Marching	...	march.
Mobility	...	mob.
Movement	...	movt.
Moving	...	mov.
Neck	...	N.
Nodding	...	nodd.
Number	...	no.
Numbering	...	number.
Oblique	...	obl.
Obliquely	...	obl.
Opposite	...	opp.

Outward	...	o.
Over	...	—
Palm	...	—
Parallel	...	
Parting	...	part.
Partner	...	partn.
Pendulum	...	pend.
Poise	...	—
Pommel	...	—
Position	...	pos.
Practice	...	prac.
Pressing	...	press.
Prone	...	pr.
Prone falling	...	pr. fall.
Pulling	...	pull.
Punching	...	punch.
Raising	...	rais.
Rank	...	—
Reach	...	rch.
Rear	...	—
Rebound	...	reb.
Relax	...	—
Relief	...	rel.
Repeat	...	rep.
Rest	...	rst.
Reverse	...	rev.
Rhythmical	...	rhythm.
Rhythmically	...	rhythm.
Ride	...	—
Right	...	r.
Ring	...	—
Rolling	...	roll.
Running	...	runn.
Sagittal	...	sag.
Scissor	...	—
Shoulders	...	Sh.
Shoulder blade	...	Sh. bl.
Side	...	S.
Sideways	...	s.
Single	...	1
Sinking	...	sink.
Sitting	...	sitt.
Skipping	...	skip
Skip	...	sk.
Somersault	...	som.

Abbreviations—*continued.*

Spring	...	spr.
Springing	...	spring.
Squat	...	—
Standing	...	st.
Star	...	—
Starting	...	start.
Stationary	...	stat.
Step	...	—
Stepping	...	stepp.
Stoop	...	stp.
Stretch	...	str.
Stretching	...	stretch.
Stride	...	std.
Striking	...	strik.
Support	...	sup.
„ (one living)	...	(.)
„ (two living)	...	(. .)
Swinging	...	swing.
Symmetrical	...	sym.
Symmetrically	...	sym.
Table	...	—
Take off	...	—
Tapping	...	tapp.
Thief	...	—
Thigh	...	—

Thumb	...	—
Toe	...	—
Together	...	tog.
Trunk	...	T.
Turn	...	—
Upward	...	u.
Under	...	und
Vault	...	—
Vertical	...	vert.
Vertically	...	vert.
Walk	...	wlk.
Walking	...	walk.
Wall bars	...	w.b.
Wheeling	...	wheel
Wide	...	—
Window ladder	...	w.l.
Wing	...	wg.
With	...	w.
Wolf	...	—
Wrists	...	Wr.
Yard	...	yd.

